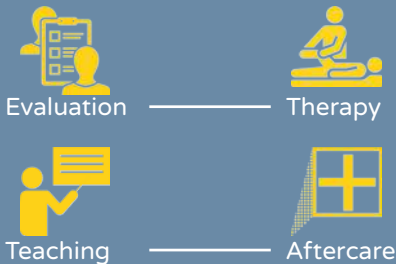


TAKING CARE OF YOUR BACK

HOW CAN PT HELP?

Patient is most important participant in healing & prevention process.

Process:



Return to your normal life as soon as possible.

Over 80% of all American workers suffer back pain during some time in their careers

Most common cause of loss of activity among adults under 45

Whatever the nature of your problem, physical therapy by a licensed physical therapist can help recover function quickly and teach you new habits to minimize the risk of further pain or injury.

A PHYSICAL THERAPIST'S PERSPECTIVE

GOOD NEWS

- MOST BAD BACKS (AND NECKS) RESPOND WELL TO REST & CONSERVATIVE TREATMENT
- MOST INJURIES CAN BE PREVENTED
- KEY TO AVOIDING INJURY: MINIMIZING RISK BY APPLYING SIMPLE PRECAUTIONS

YOUR BACK DEPENDS ON:

SPINAL COLUMN FOR STRUCTURAL STABILITY & MOBILITY (ABILITY TO TWIST, BEND, AND FLEX)



SHOULDERS & RIB CAGE



PELVIS FOR STRENGTH AND SUPPORT



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TAKING CARE OF YOUR BACK

Most common back pain site:

lumbar region—the low back

Bears the brunt of:

- bending
- sitting
- stooping
- lifting

Added risk occupations

- truck drivers who sit for long periods while being jostled by vibration
- nurses who bend over bedsides and lift & move patients
- desk jobs
- expectant mothers and parents



Avoiding back injuries:

- Work on your posture
- Lift with your legs
- Sit with care
- Control your weight



CONDITIONING YOUR BACK

The muscles of your back provide structure as well as mobility; they help hold your spinal column together. That's why maintaining healthy back muscles is so important in avoiding or recovering from injury.

GENERAL

- AVOID INJURY: REGULAR AEROBIC EXERCISE, SUCH AS WALKING/SWIMMING
- AFTER INJURY: GENTLE EXERCISE IMPROVE FLEXIBILITY
- MOST EXPERTS PREFER CONSERVATIVE APPROACH

AFTER INJURY:



YOU MAY BE VULNERABLE TO THAT AREA FOR THE REST OF YOUR LIFE.



SUCCESSFUL TREATMENT APPROACH MUST INCLUDE A PROGRAM PREVENTING RE-INJURY.

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